

10 Steps to Creating an Inspiring Vision Board

What's your vision for your life? What would you like the rest of your life to be about?

I really liked a quote I read recently by Louise Hay, '*Let the rest of your life be the best of your life*' and that quote inspired this month's article.

Taking the time to get really clear about what we want, whether by visualising it, writing it down as a goal, or representing it in pictures in the form of a Vision Board, is a powerful first step to making what we want a reality.

According to Christine Kane, author of [The Complete Guide to Vision Boards](#) e-book, the idea behind creating a Vision Board, is that when you surround yourself with images of who you want to become, what you want to have, where you want to live, or where you want to go, your life changes to match those images and those desires. Vision Boards add clarity to your desires and feeling to your visions.

The following are 10 'how-to' steps to creating your very own inspiring Vision Board:

- 1. Prepare your supplies and yourself:** Gather everything you'll need to get started - a poster board (Target sells nice matt-finish ones), a big stack of different types of magazines (such as O Magazine, Yoga Journal, Parenting, Money, Fast Company and nature magazines), glue (such as a glue stick) and some soft, beautiful peaceful music. Now, take some time for clarity and stillness - sit quietly, light a candle and play some soft, peaceful music to connect with your deeper self. Get clear about your intentions for your Vision Board. With lots of kindness and openness, ask yourself what you want. Be with any images or words that come to mind. This process gives a chance for your ego to step aside just a little so you can more clearly create your vision. You can go even deeper in this ritual by journaling about what you desire. Here are a few questions you can ask yourself: 1. If money, people's opinions and judgements, and fear were not factors, what would I want to be, do or have? 2. What beliefs or things would I have to let go of if I were to create this in my life? 3. What would I have to believe, in order to be, do or have these things?
- 2. Flip and rip:** Now you can start to flip through the magazines you've gathered and rip out anything that delights or calls to you. Don't ask why, just get the images! Let yourself have fun looking and pulling out pictures or words that strike your fancy. Make a big pile of images, phrases and words.
- 3. Sort:** Sort through the images and begin to lay your favourites aside in a pile. Use your intuition here and notice if any images don't feel right. Trust yourself enough to set those aside and not use them.
- 4. Arrange:** Lay the pictures on your poster board. As you do this, you'll get a sense of how the board should be laid out. The options are endless.

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au or to find out how you can work with me personally, contact Tania below.

5. **Three different types of Vision Boards:** 1. The 'I Know Exactly What I Want' Vision Board. Do this board if you're very clear about your desires, you want to change your environment and surroundings and there is a specific thing you want to manifest in your life (i.e. a new home, or starting a business). With your clear desire in mind, set out looking for the exact pictures that portray your vision. 2. The 'Opening and Allowing' Vision Board. Do this board if you're not sure what exactly you want, you've been in a period of depression or grief, you have a vision of what you want, but are uncertain about it in some way, or you know what you want to change but don't know how it's possible. Go through magazines and tear out images that delight you. Don't ask why. Just have fun and be open to whatever calls to you. Hold that same openness and ask yourself what this picture might mean. What is it telling you about you? If you don't know what it means but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion. 3. The 'Theme' Vision Board. Do this board if it's your birthday or New Years Eve or a significant event has started a new cycle (divorce, job change, new business) or if you are working with one particular area of your life, for instance, work and career. This board has clear parameters and intent. Before you begin, hold the intent and theme in mind. When you choose pictures, they will be in alignment with the theme. You can do the theme Vision Board on smaller pages, like a page in your journal.
6. **Paste:** After you've arranged all the items in a way that works for you, paste everything onto the board. Take your time doing this.
7. **Decorate:** When you're done pasting all the images on the board, add some decorative touches. You can paint on it. You can write words with gel pens. You can add glitter.
8. **Optional but powerful - add YOU!** Find a fantastic photo of yourself looking radiant and happy and paste it in the centre of the board.
9. **Display it:** Put your Vision Board in a prominent place where you'll see it regularly. You don't have to do this, of course. Some people are a little shy about their dreams. But here's something Christine Kane suggests might help you get over your fear of looking stupid: 'The women (who attend my retreats) who experience the most success with their boards are those who hang them in their offices, or on their bedroom doors, or even on the walls of their walk-in closets!'
10. **Act:** Taking conscious action in your daily life is a key component of this process. That means being open, listening to your inner guidance, keeping an eye out for opportunities and moving towards them. Take a few chances and be willing to make a few mistakes. For example, if you pasted up pictures of healthy food, then read a book about going vegan. If you pasted up pictures of beautiful living environments, then begin to make your current home beautiful. If you cut out a picture that reminds you of starting a business, then hire a coach to help you fulfill your dreams.

If you'd like to read more about Vision Boards, you can get a copy of [Christine Kane's Complete Guide to Vision Boards e-book here](#).

For more business and life coaching tips to help you achieve your goals and create and live the life you've always wanted, visit www.blueskycoaching.com.au or to find out how you can work with me personally, contact Tania below.